

EDMONTON

Monday, July 26, 2010
www.metronews.ca

®





Levi set to star in music video

 Plays lover whose romance is thwarted by woman's mother
 Bristol Palin's beau appears in video by singer-songwriter Brittani Senser {page 8}

Report defends comic books

Graphic novels can motivate boys to read, says survey {page 9}



Seeking change in mid-career

Looking at what's next for experienced pros {page 12}

Bringing back the bacon

Healthier options for a tasty health hazard {page 10}



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Band to bring the heat

While the weather can't be guaranteed for Edmonton's festivals this summer, Capital EX will have at least one balmy night when Vancouver indie band Hot Hot Heat lights up the stage with Metric on Friday.

The band has per-formed in hundreds of shows across many different countries, and it has made much of its life on the road.

It has just come back from playing a residency.

The group has built its own recording studio, which lead singer and keyboard player Steve Bays says has been liberating for them and has helped the band a great deal in securing their identity as an independent group.

"When we built it, we earned the right to call the shots," said Bays.

Bays says that the band is excited to be on tour, and is looking forward to playing in Edmonton.

"We always have a ton

Capital EX

Sizzlin' Friday night.

Tickets Hot Hot Heat will be playing at Capital EX this Friday at 8:30 p.m., and tickets can be bought at www.capitalex.ca/tickets.

of fun," said Bays. "It's always been a good crowd." STEFAN STRANGMAN/ FOR METRO EDMONTON

News in brief

Child in hospital after 20-ft fall

ACCIDENT. Police confirm witness reports that a child fell some 20 feet yesterday after going through a window at an apartment complex near 184th Street and 89th Avenue.

Police say the girl, who will be two in October, was playing on a bed with her 5-year-old brother when the accident

happened around noon. According to reports, she was taken to hospital for treatment for head in-

iuries. • metro edmonton

Fire 13 km from oilsands project

FIRE BAG. Workers at an oilsands project in Fire Bag are paying close attention to the progress of a forest fire. The fire began Saturday and is about 13 kilometres away from Fire Bag, which is about 50 km northeast of Fort McMurray. The canadian press



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Guidy Mamann on how a last-minute marriage before immigrating to Canada can lead at metronews.ca/ immigration

Hindu temple marks multiple celebrations

Community observes Baba and Guru Purnima D Temple, with 500 members, has one-year anniversary



EDMONTON@METRONEWS.CA

The phrase "Sabka Malik Ek" in Hindi means "God is one." Over 100 years ago Saint Shri Shirdi Sai Baba conveyed this message, and to this day, millions of followers lead their lives

by this belief. "It means there is no division of God," said Prabhat Chaturvedi, chairman of Shri Sadguru Sai Baba Mandir (temple) of Edmonton. "Baba taught us to do good things for ourselves, family and community."

Chaturvedi, along with hundreds of other members from the temple, celebrated Baba and Guru Purnima yesterday. "'Guru' means 'teacher'

and 'purnima' means 'full moon,' " explained Navneet Kumar, who is a volunteer

"Our main message to the community is that the temple welcomes everyone from the public ... " PRABHAT CHATURVEDI.

TEMPLE CHAIRMAN

at the temple.

The celebration included cultural programs pre-sented by children and the release of the second issue of Shirdi Sai Sandesh magazine. The gathering yesterday also marked the one-year anniversary of the temple, which has grown to over 500 members.

The temple, as a multicultural resource centre, offers social services as

"We're going to have a blood donation at the Canadian Red Cross on August 14," said Chaturvedi.





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Life in the pits not so bad

day's Honda Indy Edmonton, Bertrand Baguette commended his pit crew for the job they do behind the scenes.

"Everybody around you is very important," said Baguette, one of two rookie drivers on the IZOD IndyCar Series for Conquest Racing along with Mario Romancini.

You have to be a good driver, but if you don't have the right people and the right car, you are slow bution nonetheless. anyways.'

Conquest Racing pit crew member David "Foggy" Fitzgerald recruited yours truly to help out on race day at City Centre Airport, giving Metro an upclose view of the action.

While my job included modest duties such as bleeding the air out of used tires and transport-ing them back to the Firestone tent, Baguette said he appreciated the contri-

"All the little jobs are important," stressed Baguette, of Verviers, Belgium, who improved upon his starting position of 20th to finish 14th in the

Being so close to the action and hearing the load roar of the powerful machines gave me a new appreciation of the skill it takes to drive on the Indy-Car series.

Fast facts

- All Indy cars use Dallara chassis, Honda engines and
- IndyCars are capable of accelerating to 100 km/hr in less than 2.5 seconds and reach speeds in excess of 370 km/hr.
- Edmonton's circuit provides a great vantage point for fans, who can see 80 per cent of the track.

Honda Indy in pictures

JEFF MCINTOSH/THE CANADIAN PRESS 3. ANDREAS MORSE/METRO EDMONTON



- Venezuela's Milka Duno leaves the pits during a warm-up session prior to the start of Honda Indy Edmonton yesterday.
- Brazil's Helio Castroneves gestures as he describes his run following a warm-up session prior to the start of the race.
- Danica Patrick rides a scooter in the paddock area before the race yesterday.
- Marco Andretti and a guest leave the the same paddock area on a scooter.
- Australia's Will Power gets ahead of Scotland's Dario Franchitti and Scott Dixon out of the pits during a warm-up session prior to the start of the race.

Indy: 'Nothing beats race day'

New Zealander Scott Dixon takes Honda Indy Edmonton ◆ Octane Racing will take over Indy next year



Edmontonians, the Honda Indy is a once-ayear event worth checking

But for hardcore race fans like Scott and Liz Wright from St. Paul, Minnesota, the Edmonton Indy is one more stop during a long season of racing.

"This is my fifth time in Edmonton. It's a great venue, the crowds are always huge so it's exciting at-

mosphere," Scott said.
"A lot of people from the States don't think about the fact that there are races up here and it's a direct flight so, why not?"

Ken Bach, a local race fan, said he doesn't know

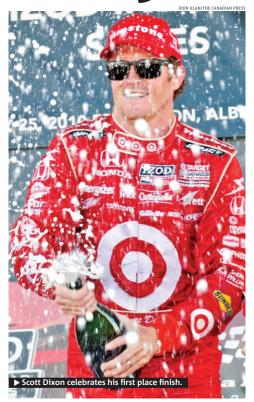
how long the Indy will remain in Edmonton but he plans on taking it in whenever it rolls into town.

"As long as there's racing in Edmonton, I'll be here," Bach said. "When the sun is shining, nothing beats race day."

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95 The number of laps around the City Centre Airport track for the drivers of the Honda Indy



RCMP call off river search for man

Rocky Mountain House RCMP have called off the search for a 20-year-old man who was swept away in the North Saskatchewan River earlier this week. But his family is continu-

ing the search and are making a call for help. The missing man's older brother, Emery Heynh, says he believes his brother is still out there and won't give up

The man waded into the river on Tuesday to cool off but the current pulled him in. He went under near the Big Horn Dam.

THE ASSOCIATED PRESS

News in brief

Pilot survives fighter crash

LETHBRIDGE. A training run for a weekend airshow went horribly awry Friday when a CF-18 Hornet jet crashed and exploded in a ball of flames Capt. Brian Bews from 425 Tactical Fighter Squadron based at 3 Wing in

Bagotville, Que., was able to eject from the plumetting craft just moments before it hit the runway.

Dangerous status declared

courts. A man who beat an Edmonton apartment manager nearly 10 years ago has been declared a dangerous offender That means Leo Teskey will be sent to jail indefinitely. THE CANADIAN PRESS

MP saves drowning woman

Industry Minister Tony Clement is urging swimmers to be careful after he dove into a churning river to help rescue a drowning woman.

The Parry Sound-Muskoka MP was having dinner at his Port Sydney home, about 200 kilometres north of Toronto, on Saturday when he heard a frantic knocking at his door.

"This young woman was hysterical, screaming that her friend was in the water and drowning," he said. He said he rushed outdoors to the river while his wife and father-in-law grabbed life-jackets.

He swam through

He swam through strong river currents and was eventually able to help her onto her back, allowing her to float down shore to be pulled out of the water by Clement's wife and father-in-law.

This year 200 people have drowned in Canada. **THE CANADIAN PRESS**



ALBERT

Ex-captive gives back

An Alberta journalist who was held prisoner in Somalia is never going back there, but the scholarship program she has set up for girls in the poverty-stricken country could bring change.

Eleven women will be attending one of six institutions in Somalia as part of Amanda Lindhout's program. She hopes she will be able to raise enough money to have 100 women studying in four years time.

Originally she and the Global Enrichment Foundation panel members had planned on picking 10 women as the first scholarship recipients, but she says there were too many good applicants.

"People are often surprised I'm doing this considering everything that happened to me in Somalia, but people often respond to that and understand through my story the need for attention to Somalia," she said

THE CANADIAN PRESS

German Love Parade kills 19

▶ Founder says the world's largest techno music party will never be held again ▶ An estimated 1.4 million people forced to use one-tunnel entrance

The death toll rose to 19 yesterday and police said that 342 had been injured in a panicked crush of partygoers in an overcrowded tunnel that served as the sole entrance to a German festival billed as the world's largest techno music party.

"The Love Parade was always a peaceful event and a happy party" but would forever be overshadowed by the tragedy, Rainer Schaller said. He spoke at a press conference where authorities faced tough questions, but provided few details, about why hundreds of thousands of people were funnelled through a single highway underpass into the former freight railway station used to host the party.

A German police chief said their ages ranged from 20 to 40.

Witnesses said officers in Duisburg, a city in western Germany, closed the end of the tunnel emptying onto the festival grounds after they become overcrowded around 5 p.m.

They told revellers over loudspeakers to turn around and walk back in the other direction. But the entrance to the tunnel did not appear to have been closed and people continued piling in, sparking a panic and then a deadly crush.

Witnesses described a desperate scene, as people piled up on each other or scrambled over others who had fallen

who had fallen.
Partygoer Udo Sand-hoefer told n-tv television that even though no one else was being let in, people still streamed into the tunnel, causing "a real mass panic."

"At some point the column (of people) got stuck, probably because everything was closed up front,

Love Train

- People from across
 Europe gather to dance,
 watch floats and listen
 to DJs spin at Love Parade,
 which was once an
 institution in Berlin,
 but has been held in the
 industrial Ruhr region of
 western Germany since
 2007.
- The original parade grew from a 1989 peace demonstration into a huge outdoor celebration of club culture that drew about 1.5 million people at its peak in 1999. But it suffered from financial problems and tensions with city officials in later years, and was eventually moved.

and we saw that the first people were already lying on the ground," he said. THE ASSOCIATED PRESS

Aural 'drugs' do not get you high

Are kids really, actually, getting high these days by listening to MP3s on their computers?

The phenomenon of socalled digital drugs — or idosing — has been spreading like wildfire around the Internet and the international press in recent weeks.

Apparently a set of headphones and a trippy, digitally crafted song is all you need to achieve a state of imaginary ecstasy not unlike the one from consuming illicit drugs.

But here's the assessment from experts.

It's apparently nothing more than an acoustic illusion and there is no scientific basis to prove the purported effects of i-dosing

ing.
Binaural, or two-tone,

technology — created by playing a different tone in each ear to create the auditory illusion of a beat — has been around since its discovery in 1839.

The claim is the sounds serve to alter one's brain waves and, by extension, a person's mental state.

Not so, says Robert Zatorre. "It doesn't really do anything to the brain," said Zatorre, professor of neuroscience at McGill University in Montreal.

"It does the same thing to the brain if you're standing looking at a pendulum swinging back and forth. You get stimulation from the right, then from the left. That's about it."

Comments show a song can bring about anything, from relaxation to concentration. THE CANADIAN PRESS



Taliban offers personnel swap

The Taliban have offered to exchange the body of a U.S. Navy member they said was killed in an ambush two days ago in exchange for insurgent prisoners, an Afghan official said vesterday.

cial said yesterday.
U.S. and NATO officials confirmed that two American Navy personnel went missing Friday in the east-

ern province of Logar, after an armoured sports utility vehicle was seen driving into a Taliban-held area.

Afghan officials believe one was killed and the other captured when they apparently took a wrong turn and ended up in a dangerous area of Logar. THE ASSOCIATED PRESS

News in brief



Promising life in Russia for ex-spies

FOROS, UKRAINE. Russia's prime minister said he recently got together with the 10 sleeper agents, without saying when or where. The agents were deported from the U.S. earlier this

month in the biggest spy scandal since the Cold War. "We talked about life," Putin said. THE ASSOCIATED PRESS

Possible python on the loose

LONDON, ONT. A metre and a half long snake, possibly a python, is on the loose in London, Ont. Police said they saw the snake Saturday. THE CANADIAN PRESS

Flaherty OKs voluntary data

OTTAWA. Finance Minister Jim Flaherty is among the Tory cabinet ministers coming out in defence of the Conservative government's census plan.

Flaherty said he thinks census data can be collected voluntarily.

THE CANADIAN PRESS

Markets brace for key firms' revenue data

♠ Economists expect forthcoming GDP data will provide more evidence of a slowing economy

Canadian corporate earnings will be under the microscope this week as investors determine whether the economic recovery is starting to lose steam, or if there's still reason for optimism.

Some of the country's biggest companies are slated to report second-quarter results with much of the parade to start tomorrow.

First up are CGI Group Inc. and Teck Resources Ltd., while Wednesday will mark a diverse slate ranging from media company Torstar Corp. to mining gi"Our expectation is that earnings estimates for 2011 by analysts are too high, and are likely to be revised lower over time."

STEVE UZIELLI, PORTFOLIO MANAGER, SCOTIA MCLEOD

ant Goldcorp Inc.

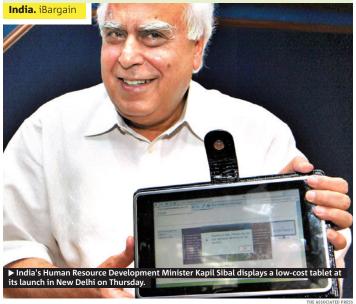
Analysts will be sifting through the details of the financial reports to find true signs of strength for the remainder of the year.

Revenue will be key for markets to gain sufficient optimism, suggested Juliette John, portfolio manager at Bissett Investment Management in Calgary.

She said in recent quarters, "earnings were very, very strong, but the revenue line continues to be a disappointment and a lot of the drivers for earnings growth have been cost-cutting."

U.S. companies began reporting second-quarter earnings about two weeks ago, and the results have convinced investors that the economic recovery is proceeding. Still, some pessimism persists in Canada.

THE CANADIAN PRESS



India plans to market \$35 tablet

The device looks like an iPad and is 1/14th the cost. India has unveiled the prototype of a \$35 US basic touch-screen tablet aimed at students, which it hopes to bring into production by 2011. If the government can find a manufacturer, the Linux operating system-based computer would be the latest in a string of "world's cheapest" innovations to hit the market out of India, which is home to the \$2,127 compact Nano car, the \$16 water purifier and the \$2,000 open-heart surgery.

TSX Dollar Oil Natural gas 1,000 cu ft \$4,580 (Friday) (Friday) (Friday) (Friday) (Friday) (Friday)

A dubious milestone

U.S. bank failures this year have surpassed 100 as regulators shut down banks in Georgia, Florida, South Carolina, Kansas and Minnesota. THE ASSOCIATED PRESS

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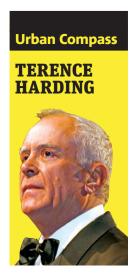
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PARADE THEME IN NEED OF A MAKEOVER



I quess it's true that everybody loves a parade. At least that's the way it seemed Thursday, given the number of spectators along the parade route.

he comments that follow are in no way meant to disparage the hard work of those who made this parade a success. It brought smiles to the faces of young and old alike and that is a good thing. However, the parade had a small town feel to it. And not in a good way. It wasn't in keeping with the big city we have become. There's no reason why Edmonton can't have the biggest, best, most exciting parade in Western Canada.

The problem with the Capital

EX parade is that it has no anchor that makes it a unique celebration

Right now it's a celebration of nothing. At best, it's the kickoff to mini doughnuts, elephant ears, midway rides and ancient rock stars in need of defibrillation before they go on

I think it is generally accepted that Capital EX is an abysmal name. If that's the best Northlands can come

up with, it's not surprising that Daryl Katz doesn't want it involved in running any new arena of which he is involved.

"The problem with

the Capital EX parade

is that it has no

anchor that makes

it a unique

celebration.

Right now it's a

celebration of

nothing. At best, it's

the kickoff to

mini doughnuts,

elephant ears, midway rides ..."

As much as the Calgary Stampede has been

maligned of late due to dead horses and malfunctioning midway rides, it's a celebration of Calgary's real or imagined heritage. There's no doubt it has a recognizable and valuable brand because of that.

When I first came to Edmonton, we

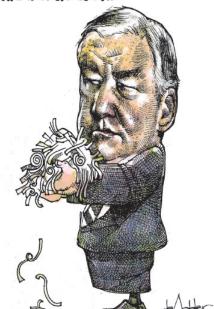
had a parade that celebrated Klondike Days. Our ties to the Klondike are tenuous at best, but at least it was a recognizable theme. I'm not advocating a return to Klondike Days. Its death was due to natural causes. But I do think we need a theme that ties our parade into our city's past in some way.

So what do you think might be a good theme? Pioneer Days might be a good idea, but one that is perhaps overworked. Settler Days is also a possibility. Or we could look at Fort Edmonton as a theme.

Using Fort Edmonton and Fort-des-Prairies would give us lots of things to celebrate: The Hudson's Bay Company; trappers; the native heritage of the city; the coureurs de bois; Marie-Anne Gaboury.

The list of things to celebrate is a long one. Let's create a parade that will put this city on

Cartoon CONRAD BLACK FINDS HIS CANADIAN PASSPORT:



Don't worry, be happy

Letters

We asked: Finish this line: To be truly happy you

TORONTO. Simply give more than you take with people, the Earth in every conceivable situation. You feel better, happier and that will brighten the days of those around you. Love more, be compassionate and learn the power of forgiveness ... it is a gift.

TORONTO. To be truly happy you must first experience true sadness, because only then can you really understand what it means to be happy. One

Turn the world on with a smile



cannot exist without the other, schwarzer kreig

PARKSVILLE, B.C. The

Conservative government believes Canadians want the freedom to choose how much of their private lives they want to share.

Remember the famous quip of then prime minister Pierre Elliott Trudeau when he told reporters

the state has no place in the bedrooms of the nation. Why does Michael Ignatieff believe Canadians should be forced to divulge intimate, private details about their personal lives? Most Canadians want

their privacy protected. The government is taking action to protect them. GERALD HALL

What book would you like to see made into a movie? **Email** edmontonletters @metronews.ca **Twitter** @metroedmonton

Metro has the right to edit letters and submissions.

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Metro Minute at the Capital EX

Capital EX kicked off Friday and Edmontonians flocked to the annual sum-

mer rite of passage. The smell of corn dogs and mini doughnuts fill the midway while rollercoasters and Ferris wheels make up the temporary skyline at Northlands.

The weather has co-operated and organizers are reminding carnival-goers to take precautions when spending the day at the

Guests are encouraged to pack sunscreen and prescribed medications, as well as wear loose clothing and hats.

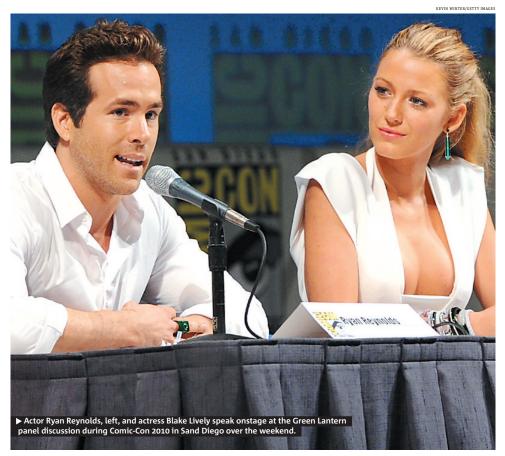
Above all else, stay hydrated and eat regularly.

Capital EX runs until

ANDREAS MORSE



◆ Stars of latest superhero project present movie clip at Comic-Con ◆ Thousands of sci-fi and comic book fans greet Harrison Ford with standing ovation ◆ Many convention-goers camped out overnight to see exclusive clip of new Harry Potter movie



Stars stoke new Green Lantern at Comic-Con

Ryan Reynolds says he took the title role in Green Lantern to play a hero that can "throw a punch, tell a joke and kiss a girl."

The actor, along with castmates Blake Lively, Peter Sarsgaard and Mark Strong and director Martin Campbell, presented a clip from the film at Comic-Con Saturday for some 6,000 ecstatic fans, many of whom camped out overnight for a chance to see the presentation.

see the presentation.

Campbell says the 3-D movie blends realistic action with humour and an otherworldly trip to the

planet Oa, home of the Green Lanterns. He added that while the hero's costume is "a work in progress," his cinematic story is set: He is joined by his fellow Green Lanterns for a face-off against Parallax, whom Reynolds describes as "the physical

manifestation of fear in our movie."

The clip showed Reynolds as Hal Jordan, who, after a fight with street thugs, takes the Green Lantern oath and uses his new powers to blow them away. Reynolds recited the oath for the

Going Green again

DC Comics chief Geoff Johns hinted that other Green Lantern films, and a Justice League movie, could follow: "The success of Green Lantern will lead the charge for everything DC does."

THE ASSOCIATED PRESS

Comic-Con crowd, which rewarded him with cheers.

The cast seemed to embrace the Comic-Con energy, and revealed which characters they'd dress up with if they could walk the convention floor. Reynolds would go as a Wookie because he likes to "be cute and dangerous." Lively would dress as Harry Potter and Sarsgaard would go as Captain America. Strong said he'd dress as his Green Lantern character, Sinestro.

Green Lantern opens in

THE ASSOCIATED PRESS

Ford gets standing ovation

It was as though Han Solo himself had stepped into the San Diego Convention Center.

Harrison Ford made a surprise appearance at Comic-Con Saturday, and the crowd of some 6,000 sci-fi and comic book fans greeted him with a sustained standing ovation unmatched by any other during this year's event.

Two security guards playfully brought him out in handcuffs.

The Star Wars hero smiled bashfully, seemingly moved by the warm welcome. THE ASSOCIATED PRESS

New Potter clip draws big crowd

Beloved boy wizard Harry Potter comes face to face with Voldemort in the first cinematic instalment of Harry Potter and the Deathly Hallows.

Actor Tom Felton shared an exclusive clip of the forthcoming film Saturday with about 6,000 convention-goers at Comic-Con. Many of them camped out overnight for a chance to see the footage.

THE ASSOCIATED PRESS



Avengers hit the stage

Comic book got the chance to see all their favourite superheroes in one place Saturday at Comic-Con.

Samuel L. Jackson surprised fans when he stepped out to introduce the cast of The Avengers.

Jackson brought out stars Clark Gregg, Scarlett Johannson, Chris Hemsworth of Thor and Chris Evans of Captain America.

THE ASSOCIATED PRESS







Veteran film and Broadway actor Alfred Molina is joining the cast of Law & Order: Los Angeles, which debuts this fall as the newest member of the NBC crime drama family.

Molina will play
Deputy District Attorney Morales, said
Dick Wolf, creator
and executive producer of the series
nicknamed LOLA
that will air on
Wednesday nights.



Levi Johnston set to star in music video

Sarah Palin's future son-in-law is hitting the limelight in upcoming music video In it, he plays lover who's girlfriend's mother disapproves



Levi Johnston will make his music video debut as a lover whose romance is thwarted by his girlfriend's disapproving mother, according to a Universal Music Group record label and

Johnston's attorney. Johnston, 20, who is Bristol Palin's fiancé, has agreed to appear in the video with singer-song writer Brittani Senser

month in Los Angeles. The project is based on the song After Love by Senser, 26 — a sultry-looking R&B and pop performer from Min-

"He's looking forward to doing it," Rex Butler, Johnston's attorney in Anchorage, Alaska, said Friday.

"It will give him an opportunity to act a little bit in front of a camera. He's done a commercial before, but something like this is a little more involved."

According to a written description of the video's storyline, the couple share tender moments before they are driven apart by the woman's mother.

Johnston recently become re-engaged to Palin, 19, daughter of former Republican vice-presidential candidate and Alaska governor Sarah Palin.

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Bristol Palin, who has a toddler son with Johnston, has said her mother doesn't support the couple's impending marriage.

Johnston and Senser are scheduled to shoot the video on location in Los Angeles on Aug. 9, the day after the pair attend the Teen Choice Awards.

Johnston went to the ceremony last year with comedian Kathy Griffin. THE ASSOCIATED PRESS



CSI guest star

Justin Bieber will make his acting debut on the upcoming season premiere of CSI, and the show's producers say his appearance will be "true event television.'

Bieber plays a troubled teen who has an "explosive confrontation" with investigators after facing a tough decision regarding his only brother.

CBS promises his role will evolve into a continuing storyline that will be revisited later in the season.

The show's executive producers call Bieber a phenomenon, the likes of which only come around "every 20 years."

On Thursday, Bieber alluded to his first acting role on his Twitter account and said he was working with an acting coach and learning "a new craft." THE ASSOCIATED PRESS

Casey faces sex lawsuit

A producer is suing Casev Affleck for "uninvited and unwelcome sexual advances in the workplace" during production for his documentary about Joaquin Phoenix. Amanda White's suit claims that "Affleck repeatedly referred to women as 'cows,' he discussed his sexual exploits and those of other celebrities that he allegedly witnessed and asked [White], after learning her age, 'Isn't it about time you get pregnant?" Affleck's lawyer dismissed the allegations as "without

Celebrity tweets



Having the time of my life in St. Tropez! Best summer ever!



omg, I hate it there. I have an allergy to



Rain Wilson [Arain wilson] Except for

four or five people, I hope everyone in the world is having a great weekend.



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♦ School reading lists feature books that often don't appeal to boys ♦ Parents, teachers need to be open to new concepts of literature to reach out to young males ♦ In the end it doesn't matter what boys read, as long as they are reading

Grossing out boys is the way to reach them

Can fart jokes save the reading souls of boys?

You better hope so.
Boys have lagged behind
girls in reading
achievement for more than
20 years, but the gender
gap now exists in nearly
every state in the U.S. and
has widened to mammoth
proportions — as much as
10 percentage points in
some, according to the Center on Education Policy.

"It certainly should set off alarm bells," said the centre's director, Jack Jennings. "It's a significant separation."

Parents of reluctant readers complain that boys are forced to stick to stuffy required school lists that exclude non-fiction or silly subjects, or have teachers who cater to higher achievers and girls. They're hoping books that exploit boys' love of bodily functions and gross-out humour can close the gap.

The angst among parents, teachers and librarians has been met by a steady stream of sports and historical non-fiction, potty humour, bloodthirsty vampires and actionpacked graphic novels, fantasy and

sleuthing. Butts, farts. Whatever, said Amelia Yunker, a children's librarian in Farmington Hills, Mich.

She hosted a grossology party with slime and an armpit noise demonstration. "Just get

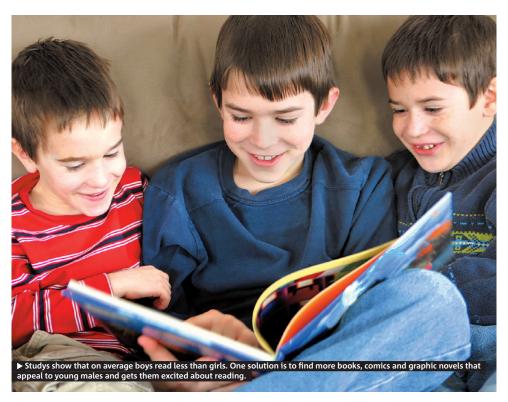
demonstration. "Just get 'em reading. Worry about what they're reading later."

Adding online tie-ins or packaged prizes like the steady-selling 39 Clues series has publishers meeting young readers halfway.

Patrick Carman has gone a step further with his wicked creepy Skeleton Creek series from Scholastic. The upper-grade books use password-protected websites to alternate book text and quick fixes of shaky, hand-held video. To follow the story, reading and watching online are both required.

"We're meeting them halfway," Carman said. "It's the idea that these books understand where they're at."

THE ASSOCIATED PRESS



Tap the potential of Conics for boy readers

Although often dismissed as light and "sub-literate" fare, comic books should be getting more respect from parents and educators who want to encourage boys to read, a new report suggests.

Surveys show that many educators consider comics unsuitable as reading material, says the report released Wednesday by the Canadian Council on Learning.

The article summarizes various findings from around the world and comes to the conclusion that comics and graphic novels are more than just funny books — they have untapped potential to improve literacy among young males.

"What we do know is a couple things," Jarrett

"Young boys are generally less interested in reading and enjoy reading less than girls do, which has resulted over the last few decades in poorer achievement in reading for boys"

Laughlin, a senior research analyst at the council, said in an interview.

"Young boys are generally less interested in reading and enjoy reading less than girls do, which has resulted over the last few decades in poorer achievement in reading for boys."

"(This) might be because their literature interests are not necessarily well represented in schools and-or in the home."

He noted that boys prefer to read fantasy, non-fiction and comic books. Three in four boys of elementary school age report reading comic books, compared to only 50 per cent of schoolgirls, he added.

The council's report said that lack of reading enjoyment can contribute to persistent reading difficulties and an increasing disparity between successful and struggling readers.

ful and struggling readers.

If struggling readers grow to adulthood without the problem being addressed, they can face consequences in their daily lives and in the workplace.

ves and in the workplace. Laughlin said research suggests comic books can play a role in improving literacy for young boys and educators are beginning to see them as a learning tool.

"They're supportive and helpful for beginning readers, they help improve reading development among second-language learners and those with reading difficulties, simply as that extra illustration helps provide those contextual clues when children are learning to read."

He also lauded the B.C.-based non-profit Healthy Aboriginal Network, which sells comics aimed at First Nations youth on topics like mental health, suicide awareness, dropping out of school and diabetes awareness.

THE CANADIAN PRESS



Recommendations





JOHN STANLEY

In terms of reading material to get boys started, the Canadian Council on Learning asked the Toronto comic shop The Beguiling to offer some graphic novel and comic book suggestions for young readers. Here are the recommendations:

- mendations:

 Melvin Monster by John Stanley.
 Follows the adventures of Melvin, a young monster who wants to go to school, do homework and play with his friends.
- with his friends.

 Bone by Jeff Smith.
 The series follows
 the journey of the
 Bone cousins, who
 are separated from
 each other after being cast out of their
 town and eventually
 reunite to save the
 world.
- Sardine in Space by Joann Sfar and Emanuel Guibert. Short stories of swashbuckling outer-space action featuring Sardine, her cousin Little Louise and her uncle Captain Yellow Shoulder. THE CANADIAN PRESS



What's a parent to do when teens want piercings or tattoos and you're opposed?

Superfood: Spinach



Spinach, yes the leafy green stuff you shove to the side of your plate with your fork (the burger waiting seems

so much yummier right now) - well this green is bursting with the yellow anti oxidant pigment, Lutein. A daily intake of 10 mg is thought to help better perception of contrasts and resistance to glare. 100g a day should keep you dewy and bright eyed. Beats eye drops any day.

• ROMINA MCGUINNESS

Bringing home the bacon

It's considered a health hazard. So what's a bacon lover to do? Read the labels and try poultry-based bacons • A little bacon goes a long way

This double chicken club sandwich with saffron aioli makes a great packed lunch or light supper for a busy school night. It has a sophisticated flavour adults will love, but can easily be tailored to younger tastes by using lettuce rather than arugula and subbing plain mayo for the saffron aioli.

When shopping for the bacon look for centre-cut varieties, which often have less fat and fewer calories per serving than the regular stuff. Low-sodium variations are available as well.

And consider poultry-based bacons, which can be surprisingly good. Just be sure to read the labels and compare the amounts of fat, saturated fat and sodium. Some turkey bacons, for instance, have as much fat per serving as pork varieties.

Preparation:

- In a small bowl. combine saffron and warm water. Let stand for 5 minutes.
- In a blender or mini food processor, combine saffron mixture, mayonnaise, lemon juice, mustard and garlic, then blend until smooth, Season with pepper. Set aside. The aioli can be stored, covered, in the refrigerator, for up to 1 week.
- Cook chicken bacon according to package instructions. Toast bread.

Ingredients:

- Pinch of saffron threads, crumbled (4 to 5 threads)
- 10 ml (2 tsp) warm water • 125 ml (1/2 cup) reducedfat mayonnaise
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) Dijon mustard • 5 ml (1 tsp) minced garlic
- Ground black pepper, to
- 170 g (6 oz) chicken or
- turkey bacon
 8 slices whole-grain sand-
- wich bread
- 250 g (8 oz) sliced cooked chicken breast
- 500 ml (2 cups) arugula or leaf lettuce
- 1 large tomato, sliced
- 1/2 small avocado, sliced (optional)

To assemble sandwiches, spread some of the saffron aioli on each piece of toast. Divide bacon, sliced chicken breast, arugula, tomato and avocado (if using) among 4 slices of toast: top with remaining toast.

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metronews.ca MONDAY, JULY 26, 2010

Keeping your cash cool

• How you can beat the heat, without breaking the bank



Many people think energy conservation goes out the window during a heat wave.

The temperature soars, and all the air conditioners work overtime.

Almost all of Canada was gripped by sweltering, sluggish weather recently, and likely will be again before the summer ends.

So here are some expert tips on beating the heat — without breaking the bank.

Strategic air conditioner use

"In my home, we close the vents in the basement because it is typically cooler there anyway," says Dave Walton, director of home ideas for Direct Energy.

"In a two-storey home, most people get a warm spot upstairs because cold air falls down. So by limiting the number of vents that are open, in rooms where you don't really need the air conditioning flowing, that will encourage the flow of the cold air up to

Queen of Green

LINDSAY



the top floor."

He also recommends using a programmable thermostat, which can let your home warm up when you're out, reactivating the A.C. before you return.

Blinds and curtains

"Use your shading and drapes strategically, so the sides of your home that get direct sunlight are protected," recommends Simi Heer, a Power Smart spokesperson at BC Hydro. "Drapes can block up to 65 per cent of the heat that would otherwise enter your home. If you want, you can even take it a step farther and install an external shade screen on the outside of your window. This will block up to 95 per cent of the heat."

Home Energy Assessments

"These inspections give your a home energy-efficiency rating," Walton says.

Know your city

The thermometer says: Alberta was front and centre for a record-melting western heat wave in July, 2007. Scorching record temperatures were recorded from the northern prairies all the way to down Mexico. According to Environment Canada, Edmonton boiled up to 32 C degrees on July 5. Further south, temperatures in Medicine Hat and Lethbridge soared 10 C degrees above normal.

"The auditor can show you where all the air leaks are in your home — through windows, the underside of doors, things like that. The real value here is homeowners get a customized energy-efficiency report for their homes. This gives them the opportunity to make changes and improvements."

The assessment may make you eligible for government energy rebates, as well.

You can find out more at oee.nrcan.gc.ca

Visit metronews.ca to watch metretube of the day





DON'T FLUSH AWAY OLD MEDICATION

QUESTION: What's the best way to get rid of old medications? Alex, Edmonton, Alta.

he next time you find yourself decluttering the medicine cabinet, make sure you don't flush old medications down the toilet and don't throw them in the garbage either. The safest way to dispose of old medications and over-the-counter health care products is to take them back to your local pharmacy.

Flushing unused or expired prescription medications down the toilet or throwing them in the garbage means they'll eventually find their way into our streams and rivers — also known as our

drinking water

And you're also playing a role in keeping our oceans and landfills free of pollution

QUESTION: Do I need to worry about toxic ingredients in sunscreens? *Julia, Halifax, N. S.*

Unfortunately, there are chemicals of

concern in sunscreens.
Four substances commonly found in chemical sunscreens — parabens, cinnamate, benzophenone and camphor derivatives — are thought to be the culprits killing coral reefs around the world.

This summer, choose a sunscreen without parabens.

To choose a safer brand check this sunscreen guide. hewg.org/2010sunscreen/





Help ID your expertise, talents in career search

Ottawa midlife coach Vickie Townson of Life's New Chapter Coaching has a skills inventory to help individuals identify their expertise and talents from their professional career and other areas of their lives. Complete the following questions to uncover your skills, talents and expertise. Once completed, choose those you wish to use in your ideal career.

Current Career

- · What abilities and expertise are involved in your current career?
- Describe your current position and outline your responsibilities.
- What personal qualities and attributes enhance your performance?
- What natural gifts and talents do you bring to the
- What positive feedback have you received that highlights your abilities?

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tion, computer, management, leadership, technical, people, organizational, planning, marketing, promotional, financial, training, and analytical skills.

Education and Training

You have skills and expertise from your earlier education. No doubt, you have had additional training and professional development since then.

- · What courses have you taken?
- · What additional training have you participated in?
- What are your skills and expertise from education and training?

Hobbies and Creative Projects

Your hobbies and creative projects are a showcase for your natural gifts and talents — talents you may take for granted.

- · What hobbies do you
- What artistic or creative projects have you been involved in?
- Consider: writing, painting, drawings, singing, woodworking, music. sculpting, sewing, knitting, gardening and outdoor activities.

Volunteer jobs are opportunities to use your skills in new areas. You can also gain new experience while working in a different environment

- Where have you volun-
- What role did you play?

Rosemary Thompson has been on the front lines covering some of the biggest news stories in recent memory from the Quebec referendum to the Sept. 11 attacks. But after 22 years, the

veteran journalist, who has posed questions to countless newsmakers, turned the tables and asked a key one of herself when it came to her "What's next?" career:

"I think for me it was a sense of I wanted to build something rather than just cover something," Thompson.

There was also what Thompson describes as a "huge personal side" to the issue — the adoption of daughter Jasmine from China almost three years

more flexibility in her life. Last year, she stepped

with CTV to take on a new role as director of communications at the National Arts Centre.

For individuals contemplating a mid-career change, experts say there are many questions that need to be addressed before taking the leap.

to continue in the position.

Townson said she wanted to do something that makes a difference in people's lives, and further exploration eventually put her on a new path. She is now a midlife coach with Life's New Chapter Coaching in Ottawa.

She talks to clients about what is prompting the change, and asks them to describe their ideal careers As they begin to clarify that, they get a better sense of what they're looking for in that move. They sometimes recognize that they don't have to change companies, Townson noted.

"It just means having a conversation with their HR person to see what's available there and what's possible." THE CANADIAN PRESS

Career coaching

Career coach Michele Waters with Career Quest Coaching in Victoria said the desire for change may ronment causing ings of a lack of reward, or perhaps someone has simply been at a place for too long and needs to switch things up. A common

lot of diversity and change and new challenge and new opportunities, so quite naturally, they're going to be recreating themselves and going through career transitions often in their



Switch it up midway through your career?

Individuals seeking mid-career change can dive into new professions

Volunteering and **Community Activities**

- teered?
- What skills did you use?
- What did you enjoy about the volunteer duties?

Taking an inventory such as this can really help you highlight what you can offer employers when you're looking to change your career. THE CANADIAN PRES

The award-winning reporter, who also has a 15year-old son, Louis, said as much as she loved her work, she recalled having to carve out time to take days off to ensure she was there for birthday parties and other important days and she desired a little

away from her position

Vickie Townson was nearing 50 and working as a law clerk when she began feeling she didn't want

stem from the current envifrustration or burnout, feeltheme is people looking for new challenges, she said. "Certain personalities like a

THE CANADIAN PRESS

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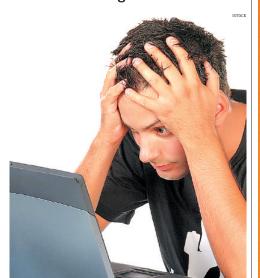
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It's the classroom revolution

◆ This year, far more university classrooms will be "captured" for online streaming video than ever





Missing a class in university can be frustrating, but v

class capture, it doesn't have to be.

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The need to attend class may be waning with the spreading class capturing practices.
"Right now this technol-

"Right now this technology is rooted in higher education and, especially, highly technical education like medical schools and engineering schools where students are asked to memorize a lot of rote informa-

tion," says Andy Petroski, director of learning technologies at Harrisburg University of Science and Technology in Harrisburg, Pa. "In those settings, if you miss 30 seconds of a class, you may have missed quite a bit of content."

At least two companies
— Sonic Foundry and McGraw-Hill — are pushing
hard for class capture to become ubiquitous in university classrooms, especially
because licensing of the

software is on a per-course basis, creating a potential boon. A number of delicate issues surround the larger implementation of class capture, including intellectual property rights of professors, along with fears of heightened scrutiny.

"If you're using class capture, you have to be aware that what you say in class can be played back," says David Schuff, associate professor at Temple University in Philadelphia.

Capturing class

Class capture is the ability to record either the audio and/or video of a class session and deliver that recording in a digital format.

"The fact that we went from

"The fact that we went from one (class-capture) classroom in 2006, to 73 this year, tells you something about how popular it is," says Lev Gonick, chief information officer at Case Western Reserve University in Cleveland.



sports

Sports in brief



Golden Moka won the \$500,000 Prince of Wales Stakes.

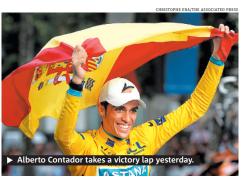
Daytona 500 winner Jamie McMurray won The Brickyard

Orlando Hudson was placed on the 15-day disabled list by the Minnesota

THE ASSOCIATED PRESS



Tour de force as Contador wins



Alberto Contador won his third Tour de France in four years yesterday, heralding the arrival of a new cycling superstar as seven-time champion Lance Armstrong competed in the race for the last time.

The 27-year-old Spaniard sealed the win by holding off a dramatic challenge from his main rival, Andy Schleck of Luxembourg, in Satur-day's individual time trial.

"I'm very happy," said Contador, before hoisting

the victor's cup with the Arc de Triomphe in the background.

"At times I had difficulty from a psychological and physical standpoint."

After 3,642 kilometres and three weeks of racing over mountains, cobble-stones and flats in the Netherlands, Belgium and France, Schleck finished 39 seconds back in second place.

Victoria's Ryder Hesjedal, moving up one spot in Saturday's time trial, finished seventh overall for Canada's best showing since Steve Bauer's fourth in 1988.

Hesjedal started the race as a support rider for Garmin-Transitions Christian Vande Velde, but took the initiative after the injured American had to withdraw after two stages.

Toronto's Michael Barry, a support rider for Team Sky star Bradley Wiggins, finished 99th overall.

THE ASSOCIATED PRESS

A bizarre day at the old race track

Dixon wins after Castroneves penalized at Edmonton Indy Angry Castroneves throws a fit

New Zealand driver Scott Dixon won a bizarre Honda Edmonton Indy yesterday after rival Castroneves crossed the finish line first, but was penalized for blocking his own teammate, Will Pow-

An enraged Castroneves, who was pushed down to 10th, stormed from his Dallara Honda car after the race to yell at IndyCar officials at the flag stand. He then grabbed the IndyCar security chief by the collar and shook him before others moved in to restrain him and lead him away.

"Pretty strange to not run a lap and actually win the race," said Dixon afterward.

"(But) rules are rules,

"It was obvious Will had a pretty good run. The only way to stop him was block-

Toronto's Paul Tracy was sixth while Alex Tagliani of Lachenaie, Que., was clipped by Tony Kanaan at the race's midpoint, crashed and finished 23rd in the 25-car grid.

ing."
It was the second win of the year for the 30-year-old racer with the Target Chip Ganassi team. Dixon won in Edmonton in 2008 en route to six victories and the overall points championship.

Dixon raced around the 1.96-mile, 14-turn City Centre Airport track at 114,326 miles per hour at a best time of one minute 2.13 seconds.

THE CANADIAN PRESS



Swede claims Canadian Open

After narrowly missing out on a 59 at the RBC Canadian Open, Carl Pettersson got something even better - a victory. The Swede closed with a 3-under 67 to pull out a one-shot win over Dean Wilson at St. George's Golf and Country Club.

Pettersson got into contention with a course-re-cord 60 on Saturday morning and made enough birdies down the stretch yesterday to earn his fourth

The low Canadi-37 an this week was Adam Hadwin, of Abbotsford, B.C., who shot 71 to tie for 37th.

career PGA Tour victory. After starting the day four shots behind Wilson, he turned the heat up by making consecutive birdies at Nos. 13-15 and cruised home from there. The victory was worth \$918,000 US. THE CANADIAN PRESS



Sports in brief

Angels land Haren in trade

MLB. The Arizona Diamondbacks have traded right-hander Dan Haren to the Los Angeles Angels for three pitchers and a player to be named.

The Diamondbacks get left-hander Joe Saunders and right-hander

Rafael Rodriguez, along with minor leaguer Patrick Corbin.

Ravens' top pick injured

NFL. Baltimore Ravens top draft pick Sergio Kindle hurt his head in a fall in Texas, a mishap that will prevent him from reporting to camp today.

It is believed the line-backer fell down two flights of stairs. THE ASSOCIATED PRESS

15

18

35

49

52

25 26

43

Crossword

Across

- 1 On the rocks 5 Periodical, for short
- 8 Pro -
- 12 Noted woman
- 13 Hostel
- 14 Individuals
- 15 —The Red 16 Recover quickly
- 18 Tie on
- 20 Values "— the word!" 23 Homer's interjec-
- 24 Abscond after re-
- lease from jail
- 28 Biafoot's cousin 31 Man-mouse link
- 32 These (Sp.) 34 Chaps
- 35 -edged (topquality)
- 37 Whale variety 39 Father
- 41 Lima's country 42 Hi-fi hookup
- 45 Public lecture hall
- 49 Neve or Naomi 51 "South Park" kid
- 52 Sandwich cookie 53 Can. neighbour
- 54 Fasting period
- 55 Fraved
- 56 Bear hair 57 Historic times

Down

- 1 Notion 2 Wagon
- 3 Send out
- 4 Leave suddenly
- 5 Olio
- 6 Raggedy 7 Chew on
- 8 Whiskey cocktail
- 9 Curse
- 10 PC expert
- 11 Requests

- 17 Pea holder 19 Rubik's baffler 22 Don't slouch
- 24 Trot
- 25 Mentalist Geller
- 26 Seasickness 27 Arranged in thin
- layers
- 29 Sleuth, for short 30 Press coverage
- 33 Agile 36 Fisherman's catch
- 40 Society newcom-
- 42 Garbage barge 43 Poi base

44 Egg (Fr.) 46 Watchful one

53

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30 29

20

47 Arm bone 48 Citi Field team 50 Baton Rouge sch.

➤ Yesterday's answer

Е	Р	S		В	U	L	В		Н	0	В	0
В	0	Т		Ε	Ρ	Ε	Ε		Α	F	Α	R
В	R	Α	T	Ν	Ρ	Α	Ν		S	Т	Α	В
Ş	Т	R	0	D	Е		Ε	Α	Т			
			W	Е	D		F	R	Υ	Ρ	Α	N
Ν	0	M	Α	D		J	Τ	М		0	D	Ε
Е	L	Α	Ν		С	U	Т		S	L	0	W
Α	L	L		W	Α	G		G	Н	0	S	Т
Τ	Α	T	Р	Α	Ν		U	R	Τ			
			Ε	R	Α		Т	Ε	R	Ε	S	Α
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М	Ε	S	H		S	Ε	R	Ε		С	Α	W

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

7	1				4	6
3	8		7		1	2
		5		4		
	9	1		3	8	
	5	6		2	9	
		3		1		
1	2		6		5	3
9	4				7	1

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	8	9	4	1	7	6	2	5
4	7	5	8	6	2	9	1	3
1	6	2	9	3	5	8	4	7
8	5	4	3	7	1	2	9	6
6	2	7	5	9	4	3	8	1
9	1	3	2	8	6	7	5	4
5	9	8	7	4	3	1	6	2
2	3	1	6	5	8	4	7	9
7	4	6	1	2	9	5	3	8

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

Angel, I love you so much. I know we fight a lot about the silliest things, but I promise you, I will always love you. Forever and always TRISTAN

To my little "Elligator", My little lady. The moments we have shared together have meant the world to me. Your smile and clever words always bring joy to my days. Many more moments to come. Always on my mind. The moon is ours.

CEDRICK "MOTH" FOLEY

Sam, I really hope you get better soon, I hope that you feel better, after you are fully recovered from your car accident. You're my one true love. now and always. LOVE JOHN

Raven: Happy Birthday sweetie! I look forward to a lifetime of birthdays with you. You have made me the happiest woman alive. I love you so much. Love YOUR DRAGON

A look at the weather

TODAY Min 9° Max 21°

TUESDAY Min 7° Max 23°

WEDNESDAY Min 9° :O: Max 27°

Michele McDougall Weather Specialist
"My favourite part is reporting the

weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



Today's horoscope

T Aries March 21-April 19 Your desire to get things done has rarely been higher and today's full moon will inspire you to try harder than ever, but don't overdo it. Jupiter in your sign warns you could go over the top in more ways than one.

¥ Taurus April 20-May 21 A Sun-Jupiter aspect coupled with the full moon will help you get more out of life, but don't go to extremes and give others the impression you want to take over the world.

II Gemini May 22-June 21 The good times just keep getting better and with the Sun and Jupiter firmly on your side as the new week begins you are largely free to do as you please without fear of the conse

quences - within reason, of course.

Gancer June 22-July 22

Watch out you don't get emotional about things that don't really matter. It's unlikely that anything really bad will happen if you do but you may feel a bit silly later when you realize how far you went over the top.

Ω Leo July 23-Aug.23 The Sun in your sign allied to Jupiter will boost your energy and help you get a great many things done over the next 24

MP Virgo Aug. 24- Sept. 22 The cosmic powers are smiling on vou now and one way or another your efforts will be recognized and rewarded over

the next few days. However, you must not – repeat, not take on any new responsibilities. You're doing enough.

> ← Libra Sept. 23-Oct. 23 A perfect link between the Sun and Jupiter means that Lady Luck is smiling on you, and friendships and relationships will be espe-

cially productive over the next

M Scorpio Oct. 24-Nov. 22 It's not often you reveal how you are feeling deep inside but the full moon will encourage you to do iust that.

24 hours.

Nov. 23-Dec. 21 Your confidence is sky high at the moment and no matter what challenges come your way over the next few

days you will handle them with ease. Save yourself for the big stuff though.

り Capricorn Dec. 22-Jan. 20 You tend to spend a lot of time weighing up the pros and cons before taking action but in one particular area you will move super fast today.

Aquarius Jan. 21-Feb. 18 Today's full moon in your sign will bring a few doubts about what you are doing.

H Pisces Feb. 19-March 20 You may prefer to steer clear of the limelight but it's unlikely you will get the choice today as events beyond your control thrust you into the

SALLY BROMPTON



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